

# Tewksbury Senior Center

## Senior Moments

175 Chandler Street • Tewksbury, MA 01876

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### INSIDE THIS ISSUE:

- Pg. 2... Photos  
About Senior Bullying
- Pg. 3... Meet the Staff  
Some Announcements
- Pg. 4... REGULAR Activities  
Friends News
- Pg. 5... Red Hat News
- Pg. 6... Lunch Menu
- Pg. 7... Calendar of Special  
Events & Changes
- Pg. 8... Word Search & Jokes  
List of Day Trips
- Pg. 9... Information From Other  
Town Departments
- Pg. 10-11... Our Sponsors
- Pg. 12... Subscription Form  
Important Contacts

### A Message From the Director...

I am so excited to announce that the **Elder Brown Bag Program** will be coming to the Tewksbury Senior Center. We will now be the distribution center for the Greater Lowell area, taking place on the 4th Tuesday of each month. Brown Bag is a collaboration between Elder Services of the Merrimack Valley, the Greater Boston Food Bank and local sites to provide fresh groceries on a monthly basis to over 2,480 elders in the Merrimack Valley. Each "Brown Bag" contains enough food for at least three (3) complete meals, and both perishable and non-perishable foods are included. This program enables low income seniors to stretch their food dollars throughout the month. This program is free of charge. You can pick-up an application at the Tewksbury Senior Center, at the Tewksbury Food Pantry or you can call Laura Marsan of Elder Services at 978-946-1303.

### A Golden Anniversary for America's Health

In 1965, President Johnson signed legislation to establish Medicare for the elderly and Medicaid for low-income adults, children, pregnant women, and people with disabilities. Since then, these programs have transformed the delivery of health care in the United States. They have greatly reduced the number of uninsured Americans and have become the standard bearers for quality and innovation in American health care.

Chances are, you or a family member either have Medicare or Medicaid or know someone who does. In fact, about 55 million Americans have Medicare this year and more than 70 million have Medicaid in any given month. Has one of Medicare's many covered preventive benefits helped detect cancer at an early and more treatable stage for you or a parent? Have rehabilitation services provided in a nursing home or in your own home helped you get stronger and return to regular activity after surgery? Has Medicaid helped pay for your parent to live in a nursing home or helped you or your children get treatment for an illness?

As part of the 50th anniversary celebration for these programs, the federal Centers for Medicare & Medicaid Services is collecting stories of how Medicare and Medicaid have made a difference for everyday Americans. Please visit [Medicare.gov/anniversary/share-your-story](http://Medicare.gov/anniversary/share-your-story) to share your Medicare or Medicaid story.



**My Mission as Your Director:** *To enhance the lives of our Senior Citizens by identifying their needs and developing programs, activities, community involvement and resources to provide them with an independent and enriched quality of life.*

## CELEBRATING ALL OF OUR VOLUNTEERS THIS MONTH!

I hope that you all enjoyed the Volunteer Recognition Luncheon that took place on Friday June 26th!



### Bullying Among Seniors

*By Marilyn Hebert*

Experts estimate that as many as one in five residents in nursing homes, assisted living facilities, and other group settings are mistreated by their peers. Given the number of people residing in senior living communities, these numbers translate into hundreds of thousands of people being bullied at a time in, when many are most vulnerable in life.

Most residents need assistance with the tasks of daily living so they're dependent on others to help them. Many grapple with having lost their independence and struggle with chronic health conditions making them feel weak and easy prey. This may present opportunities for a bully.

A bully uses superior strength or influence—perceived or real—to intimidate another person, often using repetitive aggressive behavior to typically force another to do what the bully wants or to humiliate.

Many have been bullies all their life. But as they age, factors such as loss of independence, relationships, valued roles, and feeling powerless in a controlled setting can exacerbate the need to exert control and ignite a late-life round of bullying behavior.

### What Does Senior Bullying Look Like In a Senior Center?

*Submitted by Ashley*

- Criticizing or ridiculing another person who does not meet the individual's accepted standards for clothing, social status, religion, sexual orientation, economic background, or virtually any other characteristic or status.
- Verbal or physical abuse of victims, which may include yelling, hitting, pushing, or kicking. Parker notes that in some cases, the attacker brushes these incidents off as accidental.
- Stealing or destroying property, and/or lying about the victim in order to assert power or authority. For instance, a bully may lie to the administration in a senior living community regarding the victim's actions in order to cast the victim in a poor light.
- Saving seats or reserving spaces for clique members in dining rooms, restaurants, or during outings or other events. These behaviors seem innocent enough, but can actually be quite hurtful to those outside of the clique who may be isolated or left to dine alone.

The fact is that we all grow up and gain some level of maturity, but we also learn that we don't have to – and won't – like everyone with whom we come in contact in our lives.

### So what can you do?

Respect your fellow seniors; be patient & understanding. There are visitors from every walk of life... younger seniors, older seniors, folks with varying types of disease. Some visitors use walkers or wheelchairs and some have difficulty with memory. Take a walk in their shoes.... And if you are a victim to bullying or witness it happening to someone else please let me know. Oftentimes, the "bully" isn't aware that their actions are bothersome and a simple conversation can help. I want to make sure the Senior Center is comfortable and welcoming to all!

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**\*\* Prizes for Our Readers \*\***

Find a mistake in this newsletter and you can win a prize! Enter your name and the mistake you found into the plastic container on Jan's counter and you could win a gift certificate to the Gift Shop. Good luck!  
The winner from last month was: **Joan Hansford**

**TEWKSBURY SENIOR CENTER NO-SMOKING POLICY**

Smoking is not permitted in or around the Tewksbury Senior Center.



Individuals may choose to smoke in a personal vehicle located away from the building or they may choose to smoke on the cement slab located in front of the small, utility shed.  
**Smoking is prohibited on all other areas of the Senior Center's grounds.**

Thank you for your cooperation, Ashley Stuart- COA Director and members of the COA Board

**It's Time to Clean Out Your Medicine Cabinet!**

*A message from the Tewksbury Health Department*

Please dispose of prescription and over the counter medicines safely. In order to keep the water supply clean, **DO NOT** flush medicine down the toilet. In conjunction with Lowell Health, the Tewksbury Health Department obtained a drop box which is located at the Tewksbury Police Department for residents in the community to dispose of any unwanted medication 24 hours per day. Please follow these procedures:

1. Take medication out of its container
2. Place medication in a small **zip lock bag**
3. Keep the bag un-marked
4. Make sure the bag is small enough to fit through a mail slot
5. Bring to the Tewksbury Police Department and put it in the kiosk

**Patch Disposal**

Fold the patch in half, put it in a zip lock bag and place it in the police Kiosk

**Liquid Medication Disposal**

1. Pour medicine into a sealable plastic bag
2. Add coffee grounds, kitty litter or sand into the bag
3. Seal the bag and immediately **dispose of it in the trash**

**Inhaler Disposal**

Check the manufacturers label and follow instructions. **If it is empty**, some may be recycled, others may be thrown away.

Glaxo Smith & Kline offers a mail in service **if your inhaler is empty**.

**Disposing of household sharps**

1. Sharps are accepted at the Tewksbury Fire Department and the Tewksbury Health Department.
2. Place sharps in a puncture resistant container
3. There is a small disposal fee to cover the cost of disposal. Two Gallon container fee- \$15.00, One Gallon container fee- \$8.00, 32 quart and under fee- \$5.00 (Check/money order accepted).



**WEEKLY SCHEDULE**

Special events & schedule changes on page 7.

<b>MONDAY</b>	
<b>AM</b> 9:00 Forever Fit 9:30 Men's Yoga 9:30-11– Blood Pressure Clinic (Except 4th Monday, 11am-1pm) 10:15 Therapeutic Yoga	<b>PM</b> 12:40 Bone Builders #2 2:00 Bone Builders #1 3:30 Gentle Yoga
<b>TUESDAY</b>	
<b>AM</b> 8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg. 9:30 Wood Carving 9:45 Mov'n & Grov'n Exercise 11:30- 4 Piecemakers for Charity	<b>PM</b> 12:30 45's 12:45 ZINGO 1:00 Independent Painting 5:00 <b>50 &amp; Fit Exercise Class</b>
<b>WEDNESDAY</b>	
<b>AM</b> 8:15 Bone Builders #3 9:00 Arts & Crafts 9:00 Quilting 9:30 In-house Pool Tournament 9:30 Men's Mind & Muscle 10-12 Town Nurse Office Hours 10:30 Country Line Dance Class	<b>PM</b> 12:30 Cribbage 12:30 Mah Jong 12:40 Bone Builders #2 2:30 Chair Yoga 2:30 45's
<b>THURSDAY</b>	
<b>AM</b> 9:00 Diet Workshop 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works	<b>PM</b> 12:30 Experienced Yoga 12:30 Whist 2:00 Bone Builders #1
<b>FRIDAY</b>	
<b>AM</b> 8:30 Walking Club 9:30 Bone Builders #3	<b>PM</b> 12:30 International Mah Jong



We would like to acknowledge those who have experienced an injury, illness, hardship or loss. If you know of anyone who should receive a card, email Kathy at [kwbraelyn@verizon.net](mailto:kwbraelyn@verizon.net).

**Friends of the Elderly News**

*Submitted by Linda Brabant*

The Friends' July Foxwoods day trip will take place Monday, July 6<sup>th</sup>. There may still be some room on this trip. Ticket sales for the Thursday, August 5<sup>th</sup> day trip to the Mohegan Sun will begin on Monday, July 13<sup>th</sup> at 8:15 AM. The trip cost is \$30.

It has been decided that a Friends Yard Sale will be held in the Fall. Check next month's Friends news.

Many thanks are extended to those people who worked the last Breakfast Benefit and to those who patronized the event.

**"OLD PEOPLE" PRIDE**

I'm passing this on as I did not want to be the only "Old People" receiving it. Actually, it's not a bad thing to be called, as you will see.

"Old People" are easy to spot at sporting events during the playing of the National Anthem. "Old People" remove their caps, cover their hearts, stand at attention and sing without embarrassment. They know the words and believe in them.

"Old People" remember World War II, Pearl Harbor, Guadalcanal, Normandy, and Hitler. They remember the Atomic Age, the Korean War, the Cold War, the Jet Age and the Moon Landing. They remember the 50 plus Peacekeeping Missions from 1945 to 2005, not to mention Vietnam.

If you bump into an "Old People" on the sidewalk he will apologize. If you pass an "Old People" on the street, he will nod or tip his cap to a lady. "Old People" are dignified and treat others with great respect.

"Old People" hold the door for the next person and always, when walking, make certain the lady is on the inside for protection.

"Old People" have moral courage and personal integrity. They seldom brag unless it's about their children, grandchildren or their animals...

It's the "Old People" who know our great country is protected, not by politicians, but by the young men and women in the military serving their country.

This country needs "Old People" with their work ethic, sense of responsibility, pride in their country and decent values.

GOD BLESS OLD PEOPLE! GOD BLESS AMERICA!

### Red Hat News

*By Diane Joy*

Let us reminisce about May and June! The Memorial Day Parade was once again a fun time. There were some rain drops at the beginning, but like the previous year, we were lucky and avoided them for the duration of the parade. The theme was the "Missing Man Table" for POW/MIAs. There were a few glitches with our set up (especially in route to the starting point), and getting our hand-outs to the crowd, but with the tenacity of a couple of our Red Hatters, the crowd was given not only candy, but the meaning of the "Missing Man Table". A heartfelt thank you to the people who helped set up the Red Hat Float: Queen Mother, Ginny Desmond, Richie Desmond, Joe Amato, Joanne Kelleher, Judy Conti, Bunny Peave, Jim Nolan, and Peter Meuse. Another heartfelt thank you to those of you who helped break down the float after the parade. Of course, we can't forget to thank Dennis Sheehan and Maureen DiPalma, who provided the parade floats, and Dennis for being chauffer extraordinaire! We can't forget to thank the Friends of the Elderly for its contribution towards the parade activities. Once again, a big THANK YOU to every single one of you who helped! This event could not take place without you!

The Casablanca By The Sea trip to Portland, Maine set sail on June 16<sup>th</sup>. The weather was not on our side for this trip (or the morning commute for the bus), but it didn't stop the Red Hats! The Carnation Belles were joined by the Billerica Red Hat Rowdies, Queen Mother Mary Casey, the Methuen Rockin Rubies, Vice Queen Mother Maxine Montague, the Burlington Scarlet O'Hara's and Queen Mother Lorraine Brutti. Even though we were fogged in for the cruise around Casco Bay, we got to see some beautiful coastal scenery, a

few seals, and a Bald Eagle! The day left me wanting to return to Portland, and taking another cruise on a sunny day! Some of our visiting Red Hat sisters said they have taken the Downeaster train to Portland during foliage season, and it was beautiful. Maybe they will invite us on their trip! A big Thank you to Cynthia Trudeau for organizing the trip, and Linda Brabant for the wonderful snacks provided. This was another fun day!

### UPCOMING EVENTS

**Christmas in July-** We will be doing this event again. A \$10 Walmart Gift Card will go towards helping families during the Holiday season.

**September-** We will be returning in September (date to be determined).

**October-** Halloween Party! (start thinking of costumes!)

Wishing you a Healthy Summer & Happy 4<sup>th</sup> of July!

A special thank you to the Executive Office of Elder Affairs for supporting our newsletter.

**Elder Services of the Merrimack Valley, Inc.**


*Choices for a life-long journey*

### Elder Services Becomes the Administrator of the Merrimack Valley Nutrition Program

Elder Services of the Merrimack Valley is excited to announce that as of Wednesday, July 1<sup>st</sup> they will be the administrator of the Nutrition Program. With the change comes a new food provider, Lindley Food Service, which has been selected as the caterer. As the new administrator Elder Services aims to keep the program as whole as possible, welcoming current staff members and volunteers to join the program. Along with long standing employees and volunteers, a new Nutrition Director, Derek Anderson, has been hired to oversee the program.

Our focus is to provide great meals to elders through Lindley, supporting the staff to deliver excellent customer service and assisting our consumers with their needs! If you have any questions or concerns please, call us at 1-800-892-0890 and ask for the Nutrition Program Staff.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch Menu— July 2015</b> <b>ESMV &amp; Lindley Food Service</b>				
6 Peach Glazed Chicken Carrots Broccoli Wheat Roll Apple	7 Turkey Salad Potato Salad Kidney Bean & Chick Pea Salad Soft Sandwich bun Sliced Peaches	8 Stuffed Shells w/ marinara sauce Sautéed Spinach Rye Bread Seasonal Fresh Fruit	9 Pineapple Glazed Pork Chops Mashed Sweet Potatoes Harvard Beets Wheat Bread Seasonal Fresh Fruit	10 Potato Crusted Fish Roasted Red Garlic Potatoes Broccoli Natural Grain Bread Fruit Cocktail
13 American Chop Suey Peas Harvard Beets Flaxseed Bread Sliced Peas	14 Sliced Turkey Breast w/ White cheddar cheese over salad greens Marinated Four-Bean Salad Soft Sandwich Bun Lemon Cookie	15 Macaroni and Cheese with Crumb Topping on the side Broccoli Honey Wheat Roll Raisins	16 <b>HAPPY BIRTHDAY</b> Baked Chicken Thigh with Au Jus Sauce Sliced Red Bliss Potatoes Peas and Onions Oatmeal Bread Chocolate Cake with Icing	17 Vegetable Lasagna with Vegetable Cream Sauce Succotash Whole Wheat Bread Seasonal Fresh Fruit
20 Sliced Pork Roast w/ Gravy Baked Sweet Potatoes Steamed Red Cabbage Honey Wheat roll Cinnamon Apple Slices	21 Chicken w/ lemon sauce Red Bliss Mashed Potatoes Peas & Carrots Whole Wheat Bread Seasonal Fresh Fruit	22 Turkey Chili over Rice Mixed Vegetables Corn Muffin Pumpkin Chip Cookie	23 Mediterranean Meatloaf w/ Gravy Sautéed Spinach Mashed Cauliflower Dinner Roll Lemon Pudding	24 Seafood Newburg over Rice Tomatoes, Zucchini & Summer Squash Flaxseed Bread Pears
27 Shepherd's Pie w/Gravy Harvard Beets Honey Wheat Roll Fresh Orange	28 Breaded Chicken Patty Baked Beans White and Yellow Corn Soft Sandwich Bun Melon	29 Stuffed Pepper Casserole Peas And Carrots Natural Grain Bread Diced Pears	30 <b>MONTHLY SPECIAL</b> Roasted Pork Loin With Apple Cider Gravy Mashed Sweet Potatoes Broccoli WW Dinner Roll Ambrosia	31 Alaskan Pollock Picatta Sliced Red Potatoes w/ onions Italian Herbed Green Beans WW Bread Mixed Berry Fruit Crisp
3 Dracut Senior Center Closed No Meals on Wheels or Lunch served.		1 Italian Pot Roast Scalloped Potatoes Garlic Green Beans Italian Bread Rice Pudding	2 Baked Alaskan Pollock with Ritz Crumb topping and Lemon Wedge Brown Rice Pilaf Broccoli / Cauliflower Pumpnickel Fresh Orange	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Senior Center Closed  Happy 4th of July
5	6 2-6pm - Intake Night for Upscale Consignment Shoppe	7	8	9	10	11
12	13	14 12pm - GAC Annu- al Cookout	15 12:30pm - COA Board Meeting	16 9am-3:30pm - Foot Care Clinic	17 7pm - Fred Manzi Dance	18
19	20	21	22	23	24	25
26	27 11:30am - DJ Jon Dance	28 9:30am - Rep. Miceli's Office Hrs. 10am - Senator L'Italien's Office Hrs	29	30	31	

## DO YOU SUFFER FROM FOOT PAIN?

The **Foot Health Center of Merrimack Valley** is the most advanced Podiatry Practice in the area. Our team of 3 Board Certified\* Podiatrists offer state of the art technology at our two convenient locations. We provide excellence in our Specialty and have a Passion for putting our patients first.

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### Join Our Upcoming Bowling League

*Wamesit Lanes* is offering Tewksbury's seniors the opportunity to start a bowling league at their new state of the art facility opening this fall. The bowling alley will also have tabletop shuffleboard, bocce and a golf simulator that will be available for use! If you interested in finding out more contact Kathy Walsh at [kwbraelyn@verizon.net](mailto:kwbraelyn@verizon.net). She will be coordinating a meet and greet with representatives from the bowling alley where you can hear their ideas and they can hear yours while enjoying refreshments. And if you do not have access to email you may sign-up with Jan at the Senior Center.

Thank you to *Wamesit Lanes* for providing this wonderful opportunity!



### *The Old Days"*

Grandpa was telling his young grandson what life was like when he was a boy. "In the winter we'd ice skate on our pond. In the summer we could swim in the pond, and pick berries in the woods. We'd swing on an old tire my dad hung from a tree on a rope. And we had a pony we rode all over the farm."

The little boy was amazed, and sat silently for a minute. Finally he said, "Granddad, I wish I'd gotten to know you a lot sooner!"

D U Z M T Z M F A I E P M P  
X H B H Y B I A N T H E M H  
R Z G Y I T G T C O G S T V  
O I D S O E H H H P H A U C  
R D H A R B T O O E M T D S  
N O I H S A F M V N R I Y E  
P H A N C H O R Y I S P X P  
B T D I H P T I G H T C W F  
E E G R T L Z D U C H E S S  
A M E O A A E H Y A H S A S  
R I C H P H T I N M V C E Z  
C X P O I H C G G Z R F N M  
H S I W N V E R T H C A Y I  
A P Y W I L E R O H T U A E

Alphabet	Eight	Myth
Anchor	Etch	Orchard
Anchovy	Exchange	Path
Anthem	Fashion	Python
Arch	Fathom	Rich
Asphalt	Gopher	Right
Author	Inch	Sashay
Beehive	Machine	Sushi
Bishop	Math	Tight
Dash	Mesh	Wish
Dish	Method	Yacht
Duchess	Might	Zither

Three old guys are out walking.. First one says,  
'Windy, isn't it?' Second one says, 'No, it's Thursday!'  
Third one says, 'So am I. Let's go get a beer.'

"I'm getting really depressed... I recently realized cremation is the only way I'm gonna get a hot and smoking body again." ~Nancy Zabawa

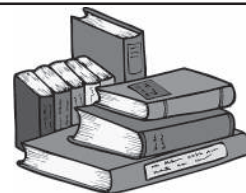
### UPCOMING DAY TRIPS

Date	Bus Leaves	Trip	Cost	Tickets
July 22, 2015	10:00AM	Boston Duck Tour Lunch Fire & Ice	\$62 per person	SOLD OUT
August 19, 2015	8:30AM	Essex Steam Train Connecticut River	\$89 per person	*Add'l Tix Avail*
September 23, 2015	9:00AM	Old Mill Restaurant & Tower Hill Gardens	\$71 per person	Available Now
October 14, 2015	10:00AM	Easthill Farm Octoberfest	\$73 per person	Available Now
November 4, 2015	11:30AM	Nashoba Wine	\$30 per person	Available Now



**A Message from the Tewksbury Public Library**

Submitted by Robert Hayes- Head of Technical Services & Community Services Librarian

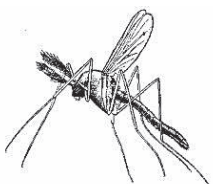


- The Tewksbury Public Library is running 25 free author visits, film screenings and other events for adults this July. Below are 8 highlights:
- On Tuesday, July 7 at 7pm, learn about some of the state's most beautiful walking trails for seniors with Marjorie Hollman, author of *Easy Walks in Massachusetts*.
- On Wednesday, July 8 at 10:30am, learn about the secret world of professional orchestras with Justin Locke, a former 18-year member of the Boston Pops and author of *Real Men Don't Rehearse*. Light brunch.
- On Thursday, July 9 at 7pm, learn about three of the greatest protest singers of the 20<sup>th</sup> century – Woody Guthrie, Pete Seeger and Bob Dylan – with professor Kevin Comtois, author of *Troubadours and Troublemakers*.
- On Friday, July 10 at 8:30pm, enjoy a film screening of *Woman in Gold*, a PG-13 drama starring Helen Mirren as Maria Altmann, an octogenarian Jewish refugee, takes on the Austrian government to recover artwork she believes rightfully belongs to her family. Movie snacks.
- On Tuesday, July 21 at 7pm, learn about 19<sup>th</sup> century winemaking in America with Kristen Harnisch, author of *The Vintner's Daughter*.
- On Wednesday, July 22 at 10:30am, learn about the extraordinary lives of two female literary icons: Mary Wollstonecraft and her daughter, Mary Shelley, with Charlotte Gordon, author of *Romantic Outlaws*. Light brunch.
- On Thursday, July 23 at 7pm, meet Wendy Francis, author of *The Summer of Good Intentions*, one of the summer's most anticipated beach reads, set in Cape Cod.
- On Friday, July 24 at 8:30pm, enjoy a film screening of *Five Flights Up*, a PG-13 drama starring Diane Keaton and Morgan Freeman, a long-time married senior couple who spent their lives together in the same New York apartment, but become overwhelmed when they plan to move. Movie snacks.

Interested in attending a program? Due to limited space, please reserve your seat by calling librarian Robert Hayes at 978-640-4490 x 205. All events are sponsored by the Friends of the Library. Film screenings are co-sponsored by the Tewksbury Lions Club.

**From the Board of Health-** Mosquito activity around the home can be reduced significantly by decreasing the amount of standing water available for larval mosquito habitat.

- Dispose of tin cans, plastic containers, ceramic pots or similar water-holding containers that have accumulated on your property. Do not overlook containers that have become overgrown by any type of vegetation.
- Pay special attention to discarded tires that may have accumulated on your property. The used tire has become the most important domestic mosquito producer in this area. To remove your tires free of charge, check this link: [www.cmmcp.org/tires.htm](http://www.cmmcp.org/tires.htm)
- Drill holes in the bottom of recycling containers that are left out of doors. Drainage holes that are located on the sides collect enough water for mosquitoes to develop in.
- Clean clogged roof gutters on an annual basis, particularly if the leaves from surrounding trees have a tendency to plug up the drains. Roof gutters are easily overlooked but can produce many mosquitoes each season.
- Turn over plastic kiddie pools when not in use. A kiddie pool becomes a significant mosquito producer if it is not emptied on a regular basis.
- Turn over wheelbarrows
- Aerate ornamental pools or stock them with fish. Water gardens become major mosquito producers if they are allowed to stagnate.
- Use landscaping to eliminate standing water that collects on your property. Mosquitoes will develop in any puddle that lasts more than 4 days.





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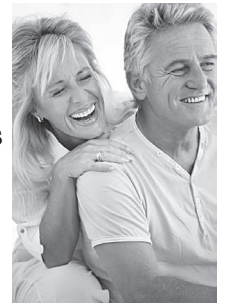
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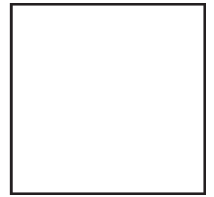
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**Tewksbury Senior Center**  
**175 Chandler Street**  
**Tewksbury, MA 01876**



**Representative James R. Miceli**

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**Senator Barbara L'Italien**

Phone: 617-722-1612

Email: [barbara.litalien@masenate.gov](mailto:barbara.litalien@masenate.gov)

### **SIGN UP FOR OUR FOOT CARE CLINIC**

**WHO:** Catherine Languedoc RN BSN, CFCN  
 (Certified Foot Care Nurse)

**WHEN:** 3rd Thursday of Every Month

**WHERE:** Senior Center Nurses Office

**COST:** \$25, accepted at time of apt.



Call Jan at 978-640-4482 to make an appointment

### **Important Telephone Numbers for Seniors:**

Ambulance	911
Alzheimer's Association	1-800-548-2111
American Cancer Society	1-800-227-2345
American Diabetes Association	1-899-342-2383
American Red Cross	<a href="http://www.redcross.org">www.redcross.org</a>
Community Teamwork	978-459-0551
Elder Abuse Hotline	1-800-922-2275

### **Elder Services of the Merrimack Valley**

**1-800-892-0890**

MA Office of Elder Affairs	1-800-882-2003
Medicare	1-800-633-4227
MCPHS Pharmacy Outreach	1-866-633-1617
Social Security	1-800-772-1213
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